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ng to take the following steps to take advantage of the
Advisor's Name
Signature
 Date



Example of an ISMAP

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List activities that make you feel good and you can control.

- 1. Review the list that I created of reasons to stay the course, such as my dream retirement home in Florida.
- 2. Give myself a three-day break from looking at the market. Too much information can cause stress and prevent me from making rational decisions.
- 3. Engage in some stress reducing physical activity for no less than 30 minutes, such as going for a hike or riding the exercise bike.

When my investments decline, I am going to take the following steps to potentially take advantage of the current climate:

Create guidelines for long-term investment decisions.

- 1. Crisis: The market declines 20% from its high.

 Opportunity: Now can be a great time to re-balance my portfolio back to my original allocations. In addition, I consider moving 5% from my cash position into the market to take advantage of these discounted prices.
- 2. Crisis: A manager, who has a long history of outperformance, is currently underperforming.

 Opportunity: I will look into adding money to that position, since I may be getting a good manager at a bargain.

Your signature may help you stay with this plan.

Francis B. Client	Jean P. Advisor
Client's Name	Advisor's Name
Signature	Signature
Date	Date